029 2056 5917

Paremtsfed.org

Parents' Federation Ffederasiwn Rhieni



CARERS MONTHLY UPDATE

Welcome to our November Newsletter!

As the nights draw in and the festive season approaches, we have plenty to look forward to here at Cardiff & Vale Parents Federation!
We have lots of exciting events and activities planned over the coming months, including some festive favourites and new opportunities to get together. Make sure you keep an eye on our newsletters and social media pages so you don't miss out on booking your place!
November is also a particularly special month as we celebrate our Understanding Disability Awards! There's still time to book your tickets and join us!
We look forward to seeing you at one of our upcoming events!

WHAT'S INCLUDED

What's On

Sneak Peak

Events

Parents' Federation Ffederasiwn Rhieni

CARERS TRUST WALES

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

November

ACTIVITIES 2026

04 NOV Lunch

Oystercatcher | Time: 12:30

05 NOV Lunch

Discovery, Cyncoed | Time: 12:30

09 NOV Coffee Morning Drop-in

Barry Wetherspoons | Time: 10:30

10 NOV Breakfast

Harvester Cardiff Bay | Time: 10:00

13 NOV Bill's Pancakes Cardiff Bay

Bill's | Time: 11:00

17 NOV Bowling

Red Dragon Centre Cardiff | Time: 11:00

19 NOV Carer's Rights Day

Pedal Power and Coffee Morning Sophia Gardens Cardiff | Time: 11:30

16 NOV Ebenezer

Showcase cinema Nantgarw Time: 10:00

VALE of GLAMORGAN BRO MORGANNWG

SEIBIANNAU BYR CYMRU SHORT BREAKS WALES

CARDIFF CAERDYDD

Parents' Ffederasiwn
Federation Rhieni





Making Sure Everyone Gets a Chance to Take Part

We love seeing so many parent carers enjoying our activities, meals and short-break opportunities across Cardiff & the Vale.

Our events are popular and spaces are limited — so we want to make access as fair as possible for everyone.

We may sometimes need to prioritise parent carers who haven't had the chance to attend recently.

If you've booked several activities in the same month, we may ask which ones matter most to you — so we can make sure the most important ones are secured for you.

This is simply about sharing opportunities as fairly as we can across our whole parent carer community.
We know everyone has different circumstances. This isn't about stopping anyone from attending — it's about making sure our activities reach as many families as possible. If this ever affects one of your bookings, we will always contact you directly first and are happy to discuss your individual circumstances.
Thank you for understanding — and for helping us reach as many families as possible. We're really looking forward to continuing to offer a varied programme of activities, meals and short breaks for parent carers across Cardiff and the Vale.
💛

Email: Hello@ParentsFed.Org





Carer's Rights Day

Parents' Federation Rhleni

Pedal Power & Coffee Morning

Drop In

All carers welcome!



19th November at 11:30

Pedal Power Cardiff

If you want to book Pedal Power please email or just turn up for our drop in coffee session.

For Unpaid Carers - No Pressure, Just Connection

Parents' Federation / Ffederasiwn Rhieni

Coffee Drop-In Morning



Free tea and coffee provided
No booking required - Just turn up!

09th November
10:30
Wetherspoons, Barry

Parents' Federation Ffederasiwn Rhieni

Sneak peek:

Bookings wil be available the month before

All our events are bookable through Eventbrite.

If you want to book onto Pedal Power, please drop us a message.

Parents' Federation Ffederasiwn Rhieni

CARERS TRUST WALES

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

December

ACTIVITIES 2026

02 DEC Oystercatcher lunch

Time: 12:30

03 DEC Duke of Wellington festive lunch

Time: 12:00

SOLD OUT

05 DEC Wreath making

Alexander Gardens | Time: 10:30

08 DEC Lunch

Coopers Carvery Cardiff | Time: 12:30

09 DEC Matilda theatre trip

SOLD OUT

10 DEC Festive afternoon tea

Crepe Escape, Penarth

SOLD OUT

14 DEC **Coffee morning drop-in**

Wetherspoons, Barry
Time: 10:30

16 DEC Curry Night

Watermill, Ogmore | Time: 18:30

TBC **Cinema trip**

See a movie
Date: TBC
Time: TBC

VALE of GLAMORGAN BRO MORGANNWG

SEIBIANNAU BYR CYMRU SHORT BREAKS WALES

CARDIFF CAERDYDD

Parents' Federation Federasiwn Rhieni

CARERS TRUST WALES

Ariemir gan Lywodrath Cymru
Funded by Welsh Government

January

ACTIVITIES 2027

06 JAN Lunch

at Oystercatcher
Time: 12:30

07 JAN Breakfast

at Toby Carvery, Rhoose, Barry
Time: 10:00

14 JAN Lunch

at Buffet tonight, Red Dragon Centre
Time: 12:30

18 JAN Carers coffee morning

Wetherspoons Barry
Time: 10:30

20 JAN Tree Tops Golf

Time: TBC

21 JAN Pedal Power and coffee morning drop-off

Time: 11:30

27 JAN Bowling

at Red Dragon Centre Cardiff
Time: 11:00

WELLBEING SESSION Massages with Cardiff and Vale College, Barry

Date and time: TBC

VALE OF GLAMORGAN
BRO MORGANNWG

SEIBIANNAU BYR CYMRU
SHORT BREAKS
WALES

CARDIFF
CAERDYDD

Parents' Federation

Ffederasiwn Rhieni

The Understanding Disability Awards

Tickets are now available

Copthorne Hotel

Thursday 12th November 2026

11:30 Start



Carers Stress Management Session

WITH MUSIC IN MIND

With Music In Mind are hosting a
Carer's Stress Management Session with Dr Terry Stuart.
Everyone meet at Cowbridge Scout Hall 2pm,
Carers will go with Terry to Y Galon.
Afternoon Tea will be served at around 15:30.

Carers Stress Management Details:

Where: Cowbridge Scout Hall, Cowbridge, CF71 7AP

When: Friday 14th November 2025, 2:00-5:00pm

RSVP: sarah.miles@withmusicinmind.co.uk

Attendance is free, donations welcome.

Please email to let us know you are coming.





Tŷ Vida

Mewn partneriaeth â Chyngor Bro Morgannwg
In partnership with Vale of Glamorgan Council

VALE of GLAMORGAN
BRO MORGANNWG

TE PRYNHAWN AFTERNOON TEA

Diwrnod Hawliau Gofalwyr • Carers Rights Day

Mae rhywun rydych chi'n ei adnabod yn ofalwr, ond ydyn nhw'n gwybod hynny eto?

Someone you know is a carer, but do they know it yet?

Dewch am de, sgwrs a gwybodaeth am eich hawliau a'r cymorth sydd ar gael.

Join us for tea, a chat and information about your rights and available support.



Dydd Iau 19 Tachwedd 2026
Thursday 19 November 2026

2:15pm–4:30pm

Neuadd y Dref, Y Bont-faen
Cowbridge Town Hall • CF71 7DD

I archebu, sganiwch y cod QR neu ffoniwch

To book, scan the QR code or call

02921 921024

WARM WALES
CYMRU GYNNES

Vale Unpaid Carers Hub

Lles Ieuenctid Youth Wellbeing

vale telecare y fro

cyngor ar bopeth citizens advice Caerdydd a Bro Morgannwg Cardiff & Vale

Dewis Cymru
More choice and a better community

Gofalwyr Ofalaeth Fro Vale Unpaid Carers

DIWRNOD HAWLIAU gofalwyr

carers RIGHTS DAY